

The Proper Dessert After a Heavy Meal Balances Food in Mrs. Wilson's Menus

By MRS. M. A. WILSON

For dessert is frequently a puzzling problem to the busy housewife. I have found it advisable to arrange the dessert so that sufficient could be made at one time to answer for two or three days.

Plain desserts that do not contain many eggs and other rich protein foods are usually served with meat dishes, while the rich protein dessert makes a splendid accompaniment for the meal when the main dish is lacking in sufficient protein to properly balance the diet.

Happy Desserts for Serving With Meat Dishes

Baked Apples a la Tosca

Place in a saucepan One cup of sugar, One-half cup of water, One-half cup of white corn syrup.

Bring to a boil and cook for five minutes; now add eight medium-sized apples, which have been cored, and a spoonful of the syrup. Cover closely and cook for ten minutes. Turn apples over and cook for ten minutes more. Add one-half cup of raisins, and cook for ten minutes more. Pour the syrup over the apples and cool. To serve, place apples on a platter, and sprinkle with finely chopped nuts and garnish with a spoonful of the apple jelly.

Danish Dream

Make a plain lemon gelatin and turn in a shallow pan to set. When firm, cut with cookie cutter and lift to dessert plate; place on the gelatin. Canned peach syrup, mixed with Caledonian cream, cover with the left-over parts of the gelatin, chopped fine.

Banana Split

Cut banana in half and then split in two; lay on a dessert plate and place a small spoonful of ice cream in the center; cover with finely chopped nuts, and dot with a little jelly or homemade preserve.

Fig Charlotte Russe

Wash one-half pound of figs and place in a saucepan with just enough boiling water to cover; add Juice of one lemon, Grated rind of one-quarter lemon, One cup of sugar.

Cook very slowly until the figs are black; then cool. Now place a thin slice of fig around a half of a custard cup; fill the center with three or four figs, and garnish with Caledonian cream piped through a pastry bag, using the rose tube.

Baked Apples, Bananas and Cranberries

Wash and cut red apples in quarters; remove the cores, place in baking tin, cut side up, and add Two bananas, cut in half, One cup of cranberries, One-half cup of water, One cup of sugar.

Bake in a slow oven for forty-five minutes; now let cool; serve on dessert saucers, garnishing with a small spoonful of whipped cream. Dust lightly with nutmeg.

Molded Fruit Salad

Prepare one cup of lemon jelly. Now mix the jelly is cooling, pure and nice One orange, One banana, One-half cup of coconut, Pulp of one grapefruit.

Add One-third portion of Caledonian cream. Pack in a mold, first rinsing the mold with cold water. Now pour over the prepared fruit the gelatin. Just as it is beginning to form, set away to mold. To serve, unmold, cut in slices and serve on crisp lettuce, garnished with the balance of the Caledonian cream. Garnish with segment of orange.

Banbury Tart

Place in a bowl One and one-half cups of flour, Two teaspoons of baking powder, One-half teaspoon of salt.

Sift to mix and then rub in to the prepared flour

The Question Corner

Today's Inquiries

- 1. What important educational advantage has been given to the girls of China? 2. If the weather is rainy or snowy, how should the baby get his airing so as to escape danger of catching cold? 3. Describe an attractive new basket that would be pretty for flowers or fruit. 4. How heavy should a boy of 12 inches be? What should be the weight of a girl of this height? 5. In what interesting way are the upper ends of potato draperies held at the waist so that they make added decoration? 6. When an evening gown has an opening all the way down the front, how is the edge of the opening used for a striking trimming?

Yesterday's Answers

- 1. The unique distinction of being the first woman student to be named to a debating team of Miami University in the more than 100 years of that institution's existence has been accorded to Miss Helen Cabell, of Cleveland, O. 2. When the bride's dining room is given a touch in a charming touch in a manner which is quite inexpensive by getting a small cabinet of the sort used for medicines and painting it a soft shade of old blue, so that, when finished, it can hold her china. 3. For silver-finished candlesticks, black candles frosted with silver are unusual and immensely attractive. 4. If a boy is 51 inches tall he should weigh 63.0 pounds; and, if a girl is this height, her weight should be 61.0 pounds. 5. A girl's blue taffeta dress is trimmed in a most unusual manner by a round-shouldered vest and puffy short sleeves of orange or sapphire with rows of narrow lace sewed down together all over it. 6. In a good-looking way a serviceable pair of garters are made of dark blue ribbon, lined with Alice blue.

Things You'll Love to Make

Ribbon Shell-Ornaments

Seven tablespoons of shortening And use Six tablespoons of water

To form dough, roll out one-eighth inch thick and cut out in rounds with a large cookie cutter; place a spoonful of banana filling in the center, then wet the edges and lay over a second round of the pastry to cover, pressing the edges; cut three tiny gashes in the top and brush with the yolk of one egg and four tablespoons of milk beaten together. Bake in a moderate oven twenty minutes.

Banbury Filling

Chop finely One cup of seeded raisins, One-third cup of nuts, Grated rind of one-half lemon, Juice of one lemon, Six tablespoons of thick preserve. Mix well before using.

Ginger Pudding

Cut squares of ginger bread, then split in three pieces, spread each piece first with marshmallow whip and then with jelly. Now place together and pour over some vanilla sauce; garnish with a little marshmallow whip, with a little jelly in the center of the marshmallow whip.

Cottage Pudding

Cream One egg, Two-thirds cup of sugar, Three tablespoons of shortening. Now add One and one-quarter cups of flour, Two teaspoons of baking powder, One-half cup of milk, Grated rind of one-quarter lemon. Beat well to blend and turn into well-greased custard cups and bake in a moderate oven for twenty minutes. Fill the cups about one-half full of the mixture. Serve with fruit sauce.

Fruit Sauce

Place in saucepan One cup of water, Two-thirds cup of sugar, Two teaspoons of baking powder, One-half cup of flour and sugar and then bring to a boil. Cook for five minutes. Then add Two-thirds cup of raisins, One-half cup of finely chopped nuts, Grated rind of one-quarter lemon, Juice of lemon. Simmer slowly for five minutes.

Crusts a l'Aligon

Cut four-inch squares of bread one inch thick and dip in a batter of beaten yolk of egg and three-fourths cup of milk; fry a golden brown in smoking-hot fat and lift on soft paper to drain. Now lay on a half of a canned peach, sprinkle with finely chopped nuts and mask with a meringue made as follows:

Whip white of egg until stiff. Then add Six tablespoons of sugar.

Place in moderate oven to set, and when ready to serve just crush the meringue slightly and pour over a little vanilla sauce.

Read Your Character

The Cruel Eye

To know whether or not a man has the element of cruelty in his make-up all you have to do is make him a bit angry—and watch his eyes. See if they narrow suddenly. If they do you will know that he has this primitive characteristic, and that you have brought it close to the surface. It would take a skilled artist to depict the contrast between the eye of cruelty and the eye of caution, for they are both distinguished by a partial closing of the lids. But though it would take skill to portray the difference with pencil, pen or brush, it is not at all difficult to distinguish between them when you see them. Both are partially closed eyes, but there is a tenseness about the eye of cruelty that is lacking in the eye of caution. In the former the eyelids actually seem to be held tense and rigid. This is always reflected in the expression of the eyes by a sort of hardness and fierceness which you don't have to be a character analyst to recognize. But the only eye of cruelty which you need "view with alarm" (providing your conscience is clear) is the one which is habitually cruel.

Tomorrow—The "Bay Window"

Me and Puds Sinkins was standing next to the lam post looking up the street and Puds sed, G heer comes Sam Cross up in back of us, good nite I bet he thinks he's sneaking up on us without us seeing him, haw haw haw that's a jook on him all rite. Lets pertend we're talking about him and dont know he's enywhere around, I sed. Wich we started to do jest wen Sam Cross came up in back of us wawking on his rubber heels, me saying, Hay Puds wats, you know about that guy Sam Cross, I think he's one of the deucefullest guys I ever heerd of. Me too, so do I, that guys so deuceful he never wares anything but rubber heels, and thats the only reason he wares them, you cant tell me, sed Puds. Sure, you cant tell me, Sam Cross is a big hunk of cheese, and enybody says he aint, jest refer them to me, I sed. Wich jest then it quick turned around, saying, O, is that you, Sam? Holy smokes, was you heer all the time sed Puds, and Sam sed, I certeny was, and Im sorry to say Im glad to know wat you guys think of me. And he took a big candy cane out of his inside pocket and started to bite hunks off of one end, saying, I'd like to offer you guys some, only I know you wouldn't take it off a deuceful guy like me. I wouldnt insult you by asking you to take it off a big hunk of cheese like me. Aw heck, Sam, wats the matter, we was jest kidding, wats the matter, we knew you was there all the time, we was jest fooling, wats the matter, sed

LITTLE BENNY'S NOTE BOOK

By Lee Pape

Me and Puds Sinkins was standing next to the lam post looking up the street and Puds sed, G heer comes Sam Cross up in back of us, good nite I bet he thinks he's sneaking up on us without us seeing him, haw haw haw that's a jook on him all rite. Lets pertend we're talking about him and dont know he's enywhere around, I sed. Wich we started to do jest wen Sam Cross came up in back of us wawking on his rubber heels, me saying, Hay Puds wats, you know about that guy Sam Cross, I think he's one of the deucefullest guys I ever heerd of. Me too, so do I, that guys so deuceful he never wares anything but rubber heels, and thats the only reason he wares them, you cant tell me, sed Puds. Sure, you cant tell me, Sam Cross is a big hunk of cheese, and enybody says he aint, jest refer them to me, I sed. Wich jest then it quick turned around, saying, O, is that you, Sam? Holy smokes, was you heer all the time sed Puds, and Sam sed, I certeny was, and Im sorry to say Im glad to know wat you guys think of me. And he took a big candy cane out of his inside pocket and started to bite hunks off of one end, saying, I'd like to offer you guys some, only I know you wouldn't take it off a deuceful guy like me. I wouldnt insult you by asking you to take it off a big hunk of cheese like me. Aw heck, Sam, wats the matter, we was jest kidding, wats the matter, we knew you was there all the time, we was jest fooling, wats the matter, sed

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